

Pass It Along Triathlon Checklist

Swim Gear

- Swimsuit
- Goggles
- Anti-fog drops for goggles (optional)
- Wetsuit (optional)
- Swim cap (we will provide)
- Towel
- Squirt bottle/water bottle (to rinse your feet post-swim)

Bike Gear

- Helmet
- Bike shoes
- Socks
- Cycling shorts (or wear the same shorts for swim & bike)
- Cycling jersey (optional for shorter races where you might wear running shirt)
- Water bottles (filled with water or electrolyte drink)
- Energy gels (optional)
- Spare tubes
- CO2 cartridges
- Tools
- Bike Gloves (optional)

Running Gear

- Running shoes
- Race number (attached to race belt or t-shirt)
- Socks
- Running shorts (optional for shorter races)
- Running shirt or singlet (optional for shorter races)
- Energy gels (optional, put in pocket or pin to race belt)
- Hat/headband/visor
- Sunglasses (optional)

Race Support Gear

- Sports watch
- Fluid-replacement drink, energy bars, or snacks
- Jacket (in case of rain or cool weather)
- Sunscreen
- Body Glide (for areas where chafing may occur)
- Towel (to set out everything you need during transitions)
- Band aids, antiseptic, Neosporin (for blisters, scrapes, etc.)